



## Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact [support@jstor.org](mailto:support@jstor.org).

## HOW CAN PHYSICAL TRAINING BE MADE OF GREATEST VALUE TO THE HIGH-SCHOOL BOY?

---

W. L. CHILDS

Director of Physical Training, New Trier Township High School, Kenilworth, Ill.

---

The system of physical training which will be of greatest value to the high-school boy will, I believe, be arranged on a physiologically correct basis, with classes of long periods meeting daily, or at least on alternate days. The pupils will be required to wear a special uniform, suited to the kind of work they are to do. Their exercise will be followed by a bath and a good rub with a towel. The work will be carried on, whenever practical, in the open air and sunshine. It may be prefaced by a very short setting-up drill for disciplinary effect, and for teaching the pupil what the correct carriage of the body should be. Dancing steps should be taught as a part of this drill, which should be followed by coaching and competition, during fine weather, in all of our best athletic sports. During inclement weather the work should be continued in the gymnasium; basketball, indoor baseball, tumbling, boxing, wrestling, and exercises on all the different pieces of apparatus taking the place of the outdoor sports. Special emphasis will be put on sports and exercises which can be carried on during the entire life-time. In the gymnasium work the pupils will be classified according to their ability, not according to their year in school, and their interest held by progressive, graded work.

These are the lines along which we are working at New Trier High School. Our classes meet three times a week, doing gymnastic and athletic work on two days and swimming on the third. The work is required of all Freshmen and Sophomores. The classes meet immediately after school. They continue for forty-five minutes, after which the boys are allowed a short swim, or they may stay longer, play games, and perform on the apparatus. All boys are required to wear an athletic suit, adapted to various sports and weather conditions. The boys are first assembled for roll-call and a very short period of setting-up exercises. It is then necessary to divide the large classes into small groups for their athletic or gymnastic

coaching or games. To do this satisfactorily a well-organized leaders' system is necessary. The football men are used to coach football, the track men to coach track events, baseball men to coach baseball, and so on through the different sports. A special gymnastic leaders' squad takes care of the indoor work. Each small group is assigned to some particular piece of apparatus or athletic event. There is a well-known order of progression from one piece of apparatus to the next. After a short period of work a whistle is blown and all the groups move ahead to the next piece of apparatus. This general system is followed in all the athletic sports, as well as on the gymnastic apparatus. In football, for example, one squad will be working on the tackling machine, another will be diving into sacks of sawdust, learning how to put a man out of play, a third working on the charging machine, a fourth learning how to fall on the ball, a fifth how to stiff-arm, a sixth running signal plays, another learning the spiral pass, and still others learning to punt, to drop and place kick, and to elude tacklers. When the whistle blows the squad working on the dummy moves over to the sawdust sacks, while the squad working on the sacks goes to the charging machine, and so on. After the class is over we almost invariably have a "just-for-fun" game of football, which the boys themselves arrange and officiate.

A handicap class game series is co-ordinated with the physical training classes in such a manner that every boy, after having had two weeks of coaching, has an opportunity to make use of this coaching in actual competition. These inter-class games between Freshmen, Sophomores, Juniors, and Seniors are played after the close of the gymnasium classes, the series in each sport continuing during the two weeks which follow the two weeks of coaching in a given sport. These class series are entirely in the hands of student committees, although it would be much better if there were an instructor who could give his afternoons to this work. This arrangement gives four weeks to each sport, two weeks of coaching and two weeks of actual competition.

The following is a brief summary of the year's work. During the first two weeks of school the class time is spent in giving physical examinations, and in teaching simple marching tactics. An inter-class tennis series is played at this time. The first two weeks of

October are given to football coaching, and the classes are followed with match games in the inter-class baseball series. Track coaching claims the attention of the class for the following two weeks, while the inter-class football series gives them a chance to put into practical use the football taught them during the preceding two weeks. The next fortnight is spent in basket-ball coaching and inter-class track meets, and is followed by two weeks of coaching in soccer football and competition in basket-ball. During the first two weeks of December the boys are coached in wrestling and an inter-class soccer series is played. After the Christmas holidays we are, for practically three months, forced to take our exercise indoors. We hope to be able, before long, to use our athletic field for a skating rink, and perhaps teach plain and fancy skating as a part of the regular work. (It seems a pity that there are so few outdoor, winter sports.) For a period of three months, beginning with the opening of school after the Christmas holidays, the class period is spent chiefly in doing gymnastic work, although a game and some work on the running track form a part of every day's order. Instruction is given on all the usual pieces of heavy apparatus but especial attention is paid to tumbling and athletic dancing. An inter-class wrestling series, in several different weights, is held during the first two weeks of this period, an indoor baseball series during the following two weeks, inter-class swimming meets during the first two weeks of February, inter-class gymnastic meets the last two weeks of February, and the indoor season closes with a big gymnastic exhibition, just before the Easter holidays. The entire month of April is given to track coaching, with inter-class competitions in soccer football during the first two weeks and track meets the last two weeks. The month of May is spent in coaching baseball and in playing a long inter-class series of baseball games. An inter-class tennis tournament is held during the final two weeks of school.

In addition to these intra-school athletics we have representative school teams in football, soccer football, swimming, water soccer, light- and heavy-weight basket-ball, baseball, track athletics, golf, and tennis. The majority of the boys on these team squads are Juniors and Seniors. We are trying to get every boy interested and doing something worth while along athletic lines.